

Experiences Related to Allergies

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

For years I had regular headaches as a result of a sinus problem caused by allergies. Since using H+ *Tune-Up*, I haven't had one. At worst, there has been some general sinus discomfort, but this hasn't reached the level of pain. I have not used even an aspirin for pain since starting.

My allergy symptoms are less severe since I started using the method taught on *De-Tox: Body* and *Tune-Up* tapes. In just a few minutes, I can enhance my body's ability to discharge substances that normally cause a reaction. This is great, especially during the Spring and Fall allergy seasons.

The *Positive Immunity Program* has been very powerful and effective for a variety of ailments. I had been plagued with a "swimmers ear" type of infection, used the *FF-12* and *Patterning* concepts in the series, and saw dramatic results within 24 hours. I had also been taking prescription drugs for stomach pain and cramps for 3 years, and no longer use it, nor do I need the medication I had used for allergies. I attribute all of this to the *Positive Immunity Program*.

I've used *De-Tox: Body* to get rid of bothersome allergies which used to cause a constant runny nose in the Spring and Fall. The *Tune-Up* tape function command works well with both the *De-Tox: Body* and the *De-Discomfort* commands to get rid of allergies, headaches, and head cold problems.

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